**Dear Parent/Guardian(s),**

As our Kindness Curriculum lessons continue, we are talking about ways we can be kind to ourselves, to other people we know, and to people who live around the world. We talked about similarities and differences between children in our community and children from other places, and how children and families all over the world want to feel safe and happy!

In our lesson today, we read a book called “Can You Say Peace?” and learned to say the word “peace” in many different languages. These new words are listed below, and they are really fun to say! The children enjoyed hearing and saying these peaceful words together.

We also learned the “Caring” song and offered wishes for peace to children all around the world. The “Caring” song is another way to be kind to ourselves and others. The lyrics are included below, so you can practice it at home if you like. Maybe your child will remember some of the sign language we learned to go along with it. (We’re still busy learning the signs.)

**The Caring Song**

May I be happy, may I be peaceful, may I be filled with love.

May you be happy, may you be peaceful, may you be filled with love.

May we be happy, may we be peaceful, may we be filled with love.

Wishing you peace,

U.S. = peace (English)

Japan = heiwa (Japanese)

Bolivia = mojjsa kamana (Aymara)

Australia = kurtuku (Warnmen)

Ghana = goom-jigi (Buli)

Mexico = paz (Spanish)

Russia = mir (Russian)

France = paix (French)

China = he ping (Mandarin)

Iran = sohl (Farsi)